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Your essential daily news | WEDNESDAY, DECEMBER 7, 2016

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Parents study other options

TEACHER CONTRACT FIGHT

Private schools and homeschooling sites see spike in interest



Adina
Bresge
For Metro | Halifax

A private school in Halifax has seen a bump in admissions inquiries in recent weeks, coinciding with the escalation of long-simmering standoff between the province and Nova Scotia Teachers Union.

Gary O'Meara, headmaster of Ambrae Academy, said the south end prep school has received roughly 20 phone calls in the last month, a higher number than in previous years.

At least two of these queries came from parents who expressed their interest in the academy was "directly linked to the unknown," O'Meara said Tuesday.

It's hard to say what motivated the other inquiries, he said, "but the timing is interesting, to say the least."

O'Meara said the two families who reached out in search of a more "consistent" option were relatively satisfied with the quality of their kids' education in the public school

system — it's the "unpredictability of the situation" that concerns them.

As evidence, O'Meara cited Monday's 24-hour upheaval during which public schools were shut down and then reopened under work-to-rule conditions, leaving parents uncertain about the status of their children's care with no end to the NSTU contract conflict in sight.

O'Meara said he believes Ambrae Academy thrives based on its merits, but he wouldn't be surprised if the spike in admissions interest persists into the new year.

Some parents are looking for education alternatives inside the home, according to Kimberly Charron, the mother behind the Homeschooling in Nova Scotia website.

Charron said dozens of people have contacted her about switching to homeschooling in recent months, at least a third of them bringing up the union-government dispute.

Many parents were preparing to take teaching into their own hands if school closures dragged on, she said, whereas others wanted to pull their kids out of the system altogether. Public schools let certain kids "fall through the cracks," said Charron, and if these past few weeks are any indication, the government isn't particularly interested in catching them.

For more coverage, see p. 3



Woodworker Kevin
O'Neill holds a wooden
model of the Bluenose in
his Dartmouth workshop.
JEFF HARPER/METRO

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'Brighten the mood a bit'

COMEDY

Comedian Gerry Dee giving teachers free tickets



Adina Bresge
For Metro | Halifax

On television, he plays a clueless, corner-cutting teacher — combative with his peers, and indifferent to his students.

But the real Gerry Dee cares deeply about education, particularly in Nova Scotia, the province where he trained for the profession that would come to define him both in life and comedy.

While Dee and his television alter-ego, Gerry Duncan — known as "Mr. D" — share little but a last initial, both have ties to education in Nova Scotia. Dee earned his teaching degree at St. Francis Xavier University, and as Mr. D, he roams the halls of Citadel High in Halifax where the CBC comedy show is filmed.

In light of provincewide school closures Monday that saw students shut out of their classrooms and teachers patrolling empty halls, Dee decided to show his support for education by giving hundreds of Nova Scotians a free lesson in laughter.

Dee has set aside 400 free tickets to his upcoming shows in Sydney and Truro for teachers and families affected by



Comedian Gerry Dee as private school teacher Mr. Duncan in the CBC comedy Mr. D. CBC PHOTO/FILE



There's no debate in my mind about how much teachers give.

Gerry Dee

the school shutdowns.

"It just felt like the right thing to do to try to brighten the mood a bit," Dee said in

an interview Tuesday.

"If it's a night to get away from it all and maybe help with some costs, that's all I care about."

The 10-year teaching veteran said it is "not uncommon" for teachers unions and provincial government to clash over contract negotiations, but this is the first he's heard of student lockout due to safety concerns.

While the character he plays

on television would have been "delighted" to earn a paycheck teaching a class with no kids, Dee said the situation teachers and students in Nova Scotia face is no joke.

"There's no debate in my mind about how much teachers give," Dee said.

"We're really always there for students. That's kind of the reason you get into teaching."

"I just never think it's a good situation for teachers

or kids."

Dee said he may try to find a shred of humour in the feud between the Nova Scotia and its teachers union in his comedy act, but he hopes that the next time he takes the stage in the province, it will no longer be relevant.

Dee will perform at Truro's Rath Eastlink Community Centre on New Year's Eve and Sydney's Centre 200 on April 14 next year.

EDUCATION

Premier defends closure

Nova Scotia's premier is defending the one-day closure of the province's public school system, saying it was the "only option" without guarantees around student safety as teachers began a work-to-rule campaign.

In an interview Tuesday, Stephen McNeil said he is aware of the public backlash after a chaotic day at the legislature Monday that also saw the government drop plans to impose a wage settlement on teachers.

"This was never about looking good in anyone's eyes, this was about doing what was right for kids," said McNeil. "The only option I had was to do what we did."

McNeil said although the union had sent out a revised list of school supervision requirements on Friday, the government was still seeking clarification from a union lawyer early Monday so it could address safety concerns expressed by eight superintendents.

Angela Murray, a spokeswoman for the Nova Scotia Teachers Union, confirmed Tuesday that the union's executive director met with the deputy minister of education for "about five minutes or so."

"It was around the work-to-rule directives," said Murray. "At that point government wanted us to change our directives and our executive director didn't have the authority to do that anyway."

THE CANADIAN PRESS

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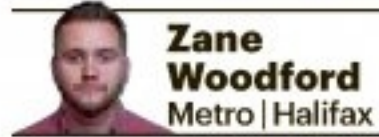
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Transit plan is set in motion

BUS ROUTES

After debate, reassurance and tradeoffs, change on way



Zane Woodford
Metro | Halifax

Halifax Transit's Moving Forward Together plan is finally moving forward at full speed.

Regional council approved the plan as a whole in April, but councillors tacked on requests for 23 amendments — mostly to save bus service in their districts. Municipal staff recommended against all but one.

On Tuesday, councillors picked up the debate after deferring it from their last meeting, and voted 15-2 in favour of approving the plan after tacking on a few amendments.

Coun. Wayne Mason was the first to bring an amendment forward on Tuesday, trying to quell some public and council concerns.

That passed unanimously, asking for a staff report on hiring a consultant to review the corridor routes of the Moving Forward Together plan in a year.



Changes are coming to Halifax Transit.
JEFF HARPER/METRO

That review would compile the results of ongoing projects like the Integrated Mobility Plan and commuter rail, and use ridership data and travel time mapping.

"I know this proposal that I have here will not address all the concerns of all the community, all the councillors, and some people in the audience

today," Mason said. "We knew that there would be tradeoffs, and now we have to have a hard discussion today about whether we'll continue to have those tradeoffs."

Councillors couldn't live with a few of those compromises.

Coun. David Hendsbee asked for, and was granted, an amend-

ment to reroute Route 370 to Mic Mac Mall for a six-month trial.

Coun. Steve Adams had two requests, and repeatedly implored his fellow councillors to think of riders as people, rather than numbers.

"Don't look at it as 13 passengers, or 10 or 20 passengers.

Think of those individuals who have no other choice," he said.

He was successful in passing an amendment to keep Route 15 service the same as it is for now, but it will be reviewed in a year. He also asked for Route 402 to be kept as is, arguing it cost nothing, but could not convince his fellow councillors.



Think of those individuals who have no other choice.

Coun. Steve Adams

URBAN PLANNING

Heritage building good to grow

Halifax regional council approved a significant addition to a downtown heritage building on Tuesday.

The municipality's Heritage Advisory Committee couldn't come to a decision on the addition to the historic Benjamin Wier House at 1459 Hollis St. last September. Municipal staff wrote that the project failed to meet six of 12 standards for the Conservation of Historic Places

in Canada, but recommended the project anyway. The municipality's Design Review Committee approved the project as well.

The addition is a six-storey, mixed-use commercial and residential structure cutting off a small addition in the back of the building made in the late 1800s, and cantilevering over the back of the existing two and a half storey, four-unit commercial building.

The proposal from WM Fares Group said the completed project would look like two separate structures from the street, but be joined in the middle, with a passageway through the heritage building into the addition. Two dormers in the back would be removed, along with the 1800s addition and some balconies.

Only Coun. Steve Streatch voted against the development. "I looked at that picture, and

16:1

Halifax regional council's final vote count in favour of an addition to the historic Benjamin Wier House at 1459 Hollis St.

I didn't like it," he said.
ZANE WOODFORD/METRO

BOAT BUILDING

Ferry bid accepted

Halifax regional council approved a tender worth nearly \$10 million on Tuesday to have two new ferries built.

A.F. Theriault & Son Ltd. got the tender for building them, and EYE Marine Consultants got the tender for keeping an eye on them — for almost \$100,000.

The ferries are one of the items for which the municipality will pay for through federal infrastructure funding. One will be built in 2017, and the

other in 2018.

Coun. David Hendsbee asked staff when the naming contest would start, and suggested naming one — in timely fashion — after Halifax Explosion hero Vincent Coleman, and one after former Dartmouth councillor Gloria McCluskey.

Staff said they'd be contacting the public affairs office Wednesday morning to get going on the naming contest.
ZANE WOODFORD/METRO

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Woodcarver's works of heart



1 Folk and Forest proprietor Kevin O'Neill works on a variety of products in his Dartmouth workshop.

2 Small wooden wallets of O'Neill's design have become the main product of his business.

3 Folk art is where O'Neill started, and he still makes custom orders for clients. JEFF HARPER/METRO

A life-threatening medical ordeal led Dartmouth's Kevin O'Neill to find his passion in woodworking



Jeff Harper
Metro | Halifax

When he graduated from business school two years ago, Kevin O'Neill didn't think he'd be running a one-man woodworking business.

In fact, he hadn't even picked up a board.

"I had an aortic aneurysm that I was lucky to find out about, as it was quite big, so I needed surgery to have it operated on as it was life-threatening," O'Neill said recently from his Dartmouth workshop.

"As I was waiting for surgery I bought some carving tools and started carving, making some folk art."

O'Neill taught himself how to work with wood as a low-impact activity to do as he waited for his surgery. The operation,

which was supposed happen in four to six weeks, ended up taking six months.

By then, O'Neill had already started to get a following for the things he was creating.

"Selling different products online and some of the art and wooden wallets I was making, they had a good reception and stores (were) asking to carry them, so I just said 'sure,'" O'Neill said.

"It saved me from having to slug and go drop off resumes and I could just manage my own hours, which is awesome."

Photography and Instagram in particular have been the main drivers for O'Neill's business, which he's named Folk and Forest.

"I'm in 12 retail stores, some in British Columbia, Ontario, and one store in Pennsylvania ... all of those stores

have been through Instagram," O'Neill said.

Folk and Forest also gave O'Neill a real-world project to put his business degree to work on.

"It's been good way to apply what I have learned in school but still incorporate my artistic and hands-on things, rather than just work in an office or a bank," said O'Neill while he worked on finishing a batch of wooden wallets.

"It's fun just to work for yourself and envision things and then create them. If you can sell them and make a profit, that's pretty cool."

CONTACT

Get in touch with Kevin through his Folk & Forest Instagram account.



Winners Blaine Thomas (left) and Enus Crawford CONTRIBUTED

LOTTERY

Nova Scotia men win big Pro Line prizes



Haley Ryan
Metro | Halifax

Two retired Nova Scotia men had their \$5 bets turned into major Pro-Line wins.

The pair won over American Thanksgiving weekend, with Enus Crawford from Beechville winning \$29,195.25 on Nov. 25, and Blaine Thomas of North River winning \$20,007.00 on Nov. 26, according to an Atlantic Lottery release.

"This is perfect timing for us and gives us that extra bit of financial stability," Crawford said in the Tuesday release. "I'm

happy to just let it be for a while. That's my answer. But if you ask my wife, I'm sure she has a list made up already."

Thomas said he has his sights on a road trip. He would like to use some of his winnings to carry out his plan of visiting every NFL stadium across the U.S.

"I'm halfway to reaching my goal but I'd really like to go back to Philly to see the new stadium there," he said in the release.

Thomas bought his ticket at J & K Variety in Bible Hill, while Crawford plays Pro-Line on St. Margaret's Bay Road in Halifax. The retailers receive a one per cent seller's prize.

POLICE

Joyriding teenagers halted and arrested

Police in Halifax say they brought out the stop sticks to slow down a stolen vehicle.

The RCMP say around 10:30 p.m. Monday, officers watching a vehicle going above the speed limit on Prospect Road in the community of Brookside.

Police say the vehicle matched a car stolen on Dec. 2 in Timberlea, and when he saw the officers, the driver evaded them by going into a parking lot and speeding away.

Several hours later, Halifax

Regional Police saw the same vehicle driving erratically in the Bedford area. Police say they eventually disabled one of the car's tires using stop sticks, which resulted in it becoming inoperable.

The car was eventually found abandoned on the front lawn of a home on Pryor Street in Halifax, with two 16-year-old boys spotted nearby and arrested.

Both teens are now facing charges. METRO

Dartmouth food centre celebrates \$100K grant

COMMUNITY

Online votes ensure non profit business wins Aviva prize



Yvette d'Entremont
Metro | Halifax

The crowd enjoying lunch at the Dartmouth North Community Food Centre burst into applause, shouts and even some tears after learning the centre had been awarded a \$100,000 grant.

More than 37,000 people voted online over 18 days to support the centre's Good Food Market & Café project through the nationwide Aviva Community Fund. Roxanne Manning is

executive director of the Dartmouth Family Centre that operates the food centre.

"It really is an honour to receive such a significant vote of confidence in our work. Community food centres are a relatively new concept, as we all know," Manning told the crowd after the announcement Tuesday.

"There are eight (community food centres) in Canada and we are the first in Atlantic Canada."

The Good Food Market & Café opened less than two years ago. It gives north Dartmouth residents a weekly opportunity to buy low-cost produce in their own neighbourhood.

Free healthy snacks are available during the Friday market, which also provides a regular opportunity for residents to socialize. "There are opportunities to share great food, there are

"It really is an honour to receive such a significant vote of confidence in our work."

Roxanne Manning

opportunities to learn how to cook great food, and how to grow great food. It has been so vital to the community," Manning said in an interview.

The centre brings in about 900 pounds of fresh produce each week for the community to purchase at cost. Manning said the \$100,000 Aviva grant will allow them to continue offering the program for at least a year.

In addition to supporting the ongoing costs of the Good Food Market & Café program, it will allow for more food demonstrations and enable the centre to offer more volunteer training opportunities. They'll also partner with a local filmmaker creating a documentary showing the café's impact on the community.

Doris Mackaracher regularly volunteers at the centre. She said it has had a "huge" impact on the community's low-income seniors, families and those who are often socially isolated.

"I've been in this community for 40 years and I see a lot of families and seniors and others that are able to come here and buy their vegetables, which they can't afford at the stores," she said. "Now we're going to be able to help more people... My heart right now is just pumping I'm so excited."



Members and patrons of the Dartmouth North Community Food Centre pose for a group photo after learning that they had been awarded \$100,000 from Aviva on Tuesday. JEFF HARPER/METRO

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Walking in footsteps of the dead

ANNIVERSARY

Group marks 99th year since Halifax Explosion

For Mary Elizabeth Luka, one of the best ways to comprehend the enormity of the 1917 Halifax Explosion is by tracing the footsteps of the dead.

Luka is a member of the Narratives in Space and Time Society, a group of artists who organize public walks every Dec. 6, offering stories, songs and performances that bring to life the raw and terrifying impact of the worst man-made disaster in Canadian history.

"Because we're literally walking in people's footsteps, we end up in places you wouldn't otherwise go," Luka said in an interview.

On Tuesday, the 99th anniversary of the explosion, Luka's group gathered with about 40 people on the Dartmouth side of Halifax Harbour, where the Mi'kmaq village of Turtle Grove was obliterated when a Belgian relief ship and a French vessel carrying munitions and



A crowd of several hundred gathered at the Halifax Explosion Memorial Bell Tower on Fort Needham in Halifax on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

TNT collided a few hundred metres away.

To this day, a tree-lined section of what was once Turtle Grove remains empty and overgrown. And that's where Luka's group walked to hear Mi'kmaq filmmaker Catherine Martin speak about a family member who died that terrible

day. As people stood in a circle near the shoreline, Martin drummed, sang and invited everyone to make offerings for remembrance.

At one point, the names of several of the people who had died that day were read aloud, and some of those in the circle offered their own stories

or sang.

As usual, the city's main commemoration ceremony was held directly across the harbour at Fort Needham Memorial Park, which overlooks the former neighbourhood of Richmond — an area virtually flattened by the explosion. Prayers were read aloud.

Ships in the harbour blew their horns. And a cannon was fired from the ramparts of Halifax Citadel National Historic Site.

Mary MacLeod, a lifelong resident of Halifax, recalled how her great uncle, letter carrier Thomas Spruce, was killed while he was making his daily rounds in the Vestry Street area.

"They say he was decapitated," said MacLeod, a petite woman bundled against the cold. "They identified his body by the numbers on the laundry pins he used to hold his socks up."

In his remarks to a crowd of about 300, Mayor Mike Savage alluded to the inevitable challenges that come with trying to pay tribute to something that happened so long ago.

"We've seen the books, we've read the accounts and perhaps we've seen the movies," he said. "But can we really imagine what it was like 99 years ago?"

The mayor said the city is already planning for the 100th anniversary, saying public surveys have given the city a clear picture of how residents feel about the grim event.

THE CANADIAN PRESS

JUSTICE MINISTRY

Whalen taking sick leave

Nova Scotia's minister of justice is taking a leave of absence from her cabinet duties after being hospitalized on Monday with a heart attack.

A news release from the premier's office says Diana Whalen, a veteran of the Liberal caucus, is expected to make a full recovery.

She went into hospital on Monday and received treatment.

Premier Stephen McNeil said in a news release that he's looking forward to her return to cabinet.

"We wish Diana well and hope she makes a speedy recovery," McNeil said.

Energy Minister Michel Samson will be the acting justice minister and attorney general while Whalen is on leave for treatment.

Whalen was elected as a member of the legislature for Halifax Clayton Park in 2003 and re-elected in 2006, 2009 and in the last provincial election in 2013.

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AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

'Together and forever'

TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Metis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residen-

tial school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the "Man Who Walks Among the Stars."

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

"It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said, at times sounding short of breath.

"We must walk down a path of reconciliation from now on. Together and forever. This is the first day of forever. The greatest day of my life. The greatest day of all our lives."

THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal. THE CANADIAN PRESS

Edmonton police arrest hate crime suspect



Edmonton police have arrested a man suspected of committing a hate crime at an LRT station.

On Nov. 8, a man allegedly approached two young women wearing hijabs, fashioned a noose in a rope he took from his pocket and said it was

meant for them. Investigators said the man then sang O Canada in front of the women, who were waiting at the University of Alberta LRT station.

A hate crime charge is possible.

Many questioned why police reported the incident nearly a month later, but the University of Alberta contacted police about the incident weeks later, according to a spokesman.

Tory leadership hopeful posts #LockHerUp tweet



Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted "Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp."

Trost was referring to "lock her up" chants heard at a rally attended by Chris Alexander, another Tory leadership candidate. The "her" was Alberta premier Rachel Notley.

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 young women at l'École Polytechnique de Montréal.

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Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

Social media has increasingly become a tool for recruiting and radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services — content most likely to violate all our respective companies' content policies," according to a joint announcement Monday evening.

THE ASSOCIATED PRESS



MIDDLE EAST SYRIAN GIRL TWEETING FROM ALEPPO FLEES HER HOME

Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12, 2016.

The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

CALIFORNIA Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder

of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered. THE ASSOCIATED PRESS

NORTH DAKOTA Pipeline protesters weather storm

Some protesters who have been fighting the Dakota Access pipeline retreated to a nearby casino and area shelters overnight as a blizzard blew through, but many remained at a camp in southern North

Dakota, according to protest organizers who say they're committed to maintaining the camp through the winter.

The storm brought more than half a foot of snow, wind gusts exceeding 50 mph and temperatures that felt as cold as 15 degrees below zero.

THE ASSOCIATED PRESS

BRAZIL

Protesters, police clash over austerity

Police and protesters clashed outside the Rio de Janeiro state legislature Tuesday during a demonstration against government austerity measures being discussed by lawmakers.

Protesters threw homemade grenades and shot rockets toward the assembly, and police

responded with rubber bullets and tear gas.

Confrontations took place over several blocks around the legislature. At one point, police entered a church and fired on protesters from there.

Eleven officers were injured in the clashes, according to a state-

ment from military police. There also were reports of protesters being injured, but it was not immediately clear how many.

The protests come amid growing anger at and distrust of politicians in Brazil, where a sprawling corruption investigation has implicated several

elected officials and top business executives.

In Rio, this anger is exacerbated by a state government financial crisis that has seen thousands of state employees and retirees not getting paid or being paid months late.

THE ASSOCIATED PRESS



A man protests in Rio de Janeiro on Tuesday. THE ASSOCIATED PRESS

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JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND



I had assumed that 'post-truth' wasn't for people who watch art films and read the Guardian. I was wrong.

Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the Guardian.

I was wrong. On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from Last Tango in Paris..."

"Maria Schneider." "Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a

ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last Tango in Paris,'" which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider, who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo ref-

erenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on camera. Jessica Chastain tweeted, "To all the people that love this film— you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the Guardian published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her."

On Monday, after New York-based journalist Mark

Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation."

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in Kramer vs. Kramer. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of The Birds. So why muddle the facts?

On Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the Guardian (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Mental health is a key part of far-right story



Vicky Mochama
Metro

While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed is the latest evolution of the Internet's "manosphere." This space comprises oft-overlapping Internet groups like men's rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.

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Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietician

Genna Buck
Metro



In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietician Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately \$53 million to \$311

million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp, Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

Go much beyond that, and all that protein powder is just an expensive drink.

Charlebois has a few tricks for making the most of your protein intake:

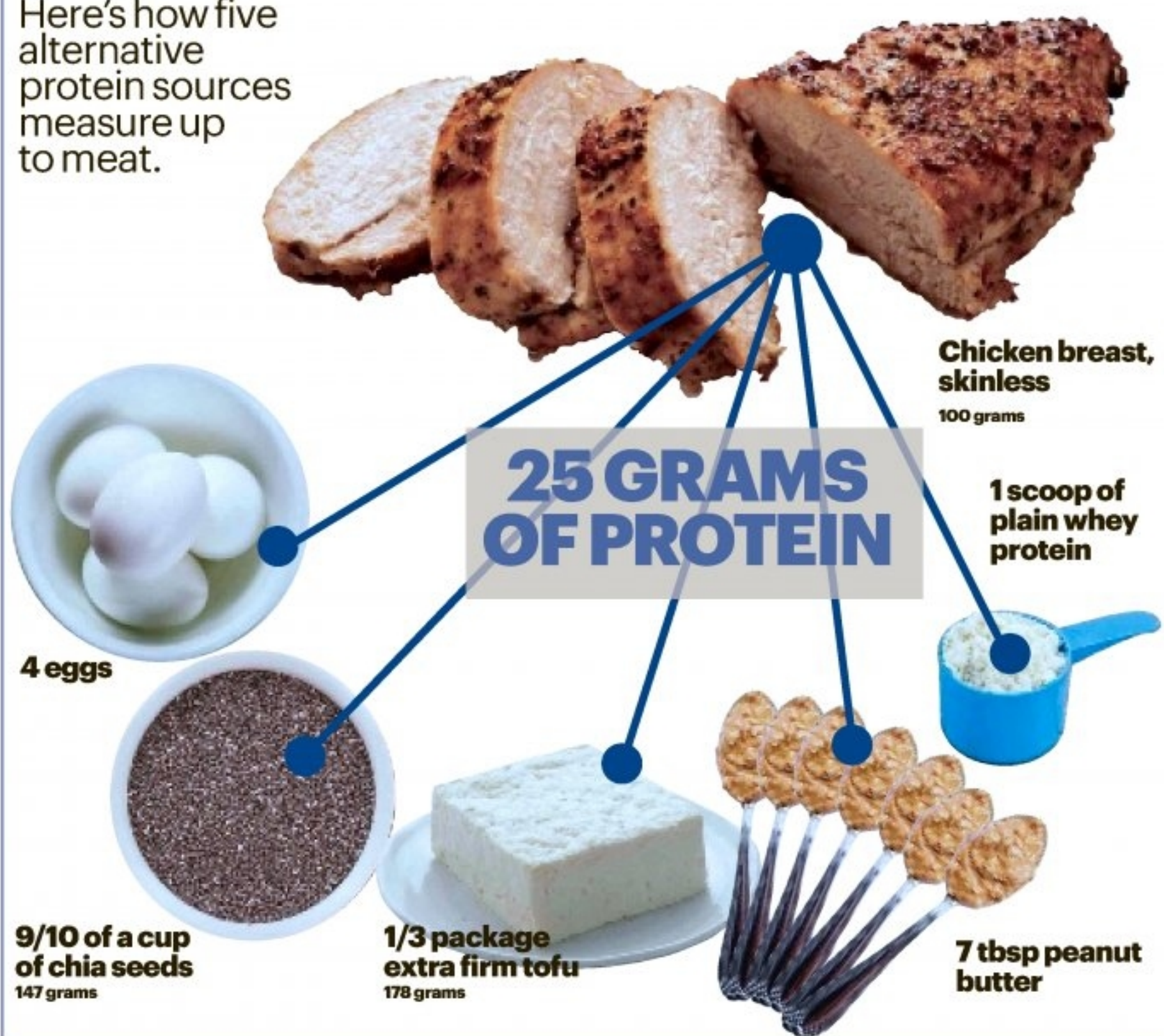
- Spread out high-protein foods throughout the day to maximize what you absorb.

- The amino acid leucine, abundant in dairy products, is the best for building muscle.

- Don't try to stick to a low-calorie diet that is high in carbs and low in protein, because it leaves you constantly craving that dopamine hit that comes with a sugar high.

- Never forget the "bridging" snack: 5 to 10 grams of protein in the afternoon. Peanut butter and crackers, or a boiled egg will do the trick, "so you don't rip the fridge door off at supper."

Here's how five alternative protein sources measure up to meat.



All Christmas music 'til Dec. 25th



Nutella-stuffed cookies

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

Nutella-stuffed Peanut Butter Cookies

Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:

- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour



These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

Directions:

1. Place jar of Nutella in freezer.

2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.

3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.

4. Reduce mixing speed to low. Add flour slowly and

mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.

6. Prepare two baking sheets lined with parchment paper or silicone baking mats.

7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.

8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in

centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely. Store in an airtight container for up to a week for freeze for up to a month.

ANIMAL HEALTH

Medical marijuana is going to the dogs

Genna Buck
Metro



Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their creaky old bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."

Half a dropper of the tincture contains 120 mg of cannabidiol, or CBD, one of the major active compounds in marijuana. That's roughly the same dose a human using the drug for insomnia or epilepsy would take.

The doggie products don't have THC, the chemical responsible for marijuana's high.

CBD is not

WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding

interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary: Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical — CBD, THC, or something else — is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."



PHOTO ILLUSTRATION BY ANDRES PLANA/METRO



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You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with reinvention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's *Easy Rider*. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. *Five Easy Pieces*, *The Last Detail* and *Chinatown* were instant cinema classics, but it was his work in 1976's *One Flew Over the Cuckoo's Nest* that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like *The Shining* and *The Postman Always Rings Twice*, it was his lighter side that connected as he entered middle age. The levity he added to *Terms of Endearment* earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like *The Witches of Eastwick*, *Broadcast News* and *Batman*.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in *A Few Good Men* to his Oscar-winning comedic performance of the wounded Melvin Udall in *As Good As It Gets*. Nicholson continued to prove his versatility in the 2000s, getting laughs in *Something's Gotta Give*, while still terrifying audiences in Martin Scorsese's *The Departed*.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of *The Witches of Eastwick* and *The Postman Always Rings Twice* tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including *Five Easy Pieces* (1970), *The Shining* (1980), *A Few Good Men* (1993) and *Something's Gotta Give* (2003). Learn more at hollywoodsuite.ca/freepreview.

HOLLYWOODSUITE



**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Country Chicken Sandwich vs. Potato Rosti and Bacon Burger

Even McDonald's has a special burger for the holidays. Beware of "season's cravings."

✓ **PICK THIS****McDonald's Country Chicken Sandwich with Grilled Chicken**

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✗ **SKIP THIS****McDonald's Potato Rosti and Bacon Burger**

Calories 790
Fat 49g
Saturated fat 15g
Sodium 1130mg

= **HERE'S WHY**

Equivalent in fat to five Egg and Cheese English Muffin breakfast sandwiches from Tim Hortons.

The festive season means "special" items at your favourite fast food spots. This year McDonald's has introduced a Potato Rosti and Bacon Burger, which has added processed cheese, bacon and Parmesan cheese sauce, not to mention the fact that it tops a burger with a fried potato patty! Try instead the Country Chicken Sandwich with Grilled Chicken as an alternative that won't have you making those same old New Year's resolutions!

LIQUID ASSETS PETER ROCKWELL**We are not drinking merlot for the sequel of Sideways**

author, Rex Pickett, has just reissued an edited version of the book (now subtitled *Passion and Pinot on the Oregon Wine Trail*) in what I assume is an attempt to garner interest from elsewhere in Hollywood.

I read it when it was first released in 2011, and while Miles and Jack are up to some of their old tricks, things get dark, and a lot less wine inspired, halfway through.

Wine lovers on your holiday shopping list will relish it, especially if it comes wrapped with a bottle of Oregon Pinot Noir.

The 2013 Erath Pinot Noir (\$24.95-\$29.99) is a bright, balanced take on the famously fickle grape variety. Layered with cherry fruit and subtle spice it makes a perfect mate with turkey.

Prices reflect the range across the country. Some products may not be available in all provinces.



If fans of 2004's wine-themed movie *Sideways* could have one Christmas wish it would have to be that someone would finally bring *Vertical*, the sequel to the novel that inspired the film, to theatres.

Apparently *Sideways*' director, Alexander Payne, isn't interested, so *Vertical*'s

BOOK EXCERPT FIREHOUSE CHEF: FAVOURITE RECIPES FROM CANADA'S FIREFIGHTERS**Firefighters turn up the heat**

This spicy noodle dish is best served with a cold beer. SUPPLIED



Canadian firefighter **Patrick Mathieu** is a passionate foodie who cultivated his love for cooking in the Waterloo, Ont. firehouse where he is stationed. Mathieu is sharing his own experiences with **Firehouse Chef: Recipes From Canada's Firefighters**.

Armed with more than 16 years of culinary experience, Mathieu turns up the heat with 140 plus sizzling recipes including delicious simple starters, gourmet desserts and healthy mains.

If you love fried noodles then give this Bangkok street food a try. The 'Drunken' part could refer to the sake used in the sauce, but I think it actually refers to the likelihood of consuming a few cold beers while eating to tame the space!

Thai Drunken Noodles Serves 4**Ingredients:**

- 14 oz (400 g) pkg pad Thai noodles
- 2 Tbsp (30 ml) peanut oil
- 3 large cloves of garlic, minced
- 3 Thai bird's eye chilies, finely chopped, seeds included (that's the hot part!)
- 2 eggs, beaten
- 4 boneless chicken thighs (about 1/4 lb/125 g each), cut into bite-sized pieces
- 2 shallots, chopped
- 2 green onions, white green part chopped
- 1 batch Thai Drunken Sauce (recipe follows), divided
- 1 cup (250 ml) Thai basil
- 1/2 cup (125 ml) cherry tomatoes, halved

Thai Drunken Sauce

- 3 Tbsp (45 ml) oyster sauce
- 2 Tbsp (30 ml) mushroom soy sauce
- 2 Tbsp (30 ml) dark soy sauce
- 2 tsp sugar
- 1/2 cup (125 ml) sake (rice wine)

To make Thai Drunken Sauce: Put all the ingredients into a small bowl and mix together.

Directions:

1. Pour boiling water over noodles in a large bowl and set aside for 5 minutes (or as per packet instructions), then drain when ready. Make sure to rinse noodles under cold water.

2. Heat the oil in a wok or large pan over high heat. Add garlic or chilies and cook for 10 seconds until fragrant. Add the eggs and cook, stirring constantly until just set. Add the chicken and fry until browned and cooked partially through, about 4 minutes.

3. Add the shallots, green onions and about 1 Tbsp (15 ml) Thai Drunken Sauce and stir-fry for 30 seconds, just to coat the chicken. Add the noodles and the rest of the sauce and cook for a couple of minutes until the sauce has coated the noodles completely and they start to brown.

4. Remove from heat and add the basil and tomatoes, stirring until they are mixed in well. Serve immediately with a cold Thai beer.

HOLIDAY GIFT CARDS

For the one that needs pampering

That special person in your life — yes, that one — needs to be pampered, and the ultimate way to do that is with a gift card from The Summit — Skin Care and Hair Removal.

"It's one of the easiest gifts to give and yet you're giving something that is hard to give — relaxation. You're giving something to nurture someone and not something that will go out of style, or collect dust," said owner Susan Alward.

We all know a busy woman or mother that tends to give to everyone but to themselves.

"This way the gift-giver can ensure the woman receiving it will do something nice



CONTRIBUTED

for herself — that she doesn't have to share," Alward said.

"A client once said she absolutely loved her Summit gift card because she didn't need to

share it with anyone! So often moms get a box of chocolates, for example, and the kids eat half of them."

There are so many ways to be pampered at

The Summit Spa, and Alward has suggestions for thoughtful gift givers who are looking to pamper a loved one.

"Our five different Trio Spa Packages are big hits as they each have three popular services and are designed for every budget," Alward said.

The newest Trio Spa Package — just launched this year — is a true Maritime treat. It's called the Ocean Organic Trio for \$284. It's four hours of a deluxe manicure, pedicure and a facial using only wild and organic Canadian seaweed and sea mud. Plus, The Summit Spa offers a free skin-care kit with six products in a recycled Canadian maplewood case from Seaflora Skincare in B.C. It's a gift worth \$69, free with the Ocean Organic Trio.

If you purchase any other Trio Spa Package you'll receive a Dreamtime Relaxation Tool. They are heated body or neck wraps in a beautiful box. It's a gift with purchase worth between \$23 and \$55.

Check out all the Trio Spa packages, plus all their services, on The Summit Spa's site at summitspa.ca.

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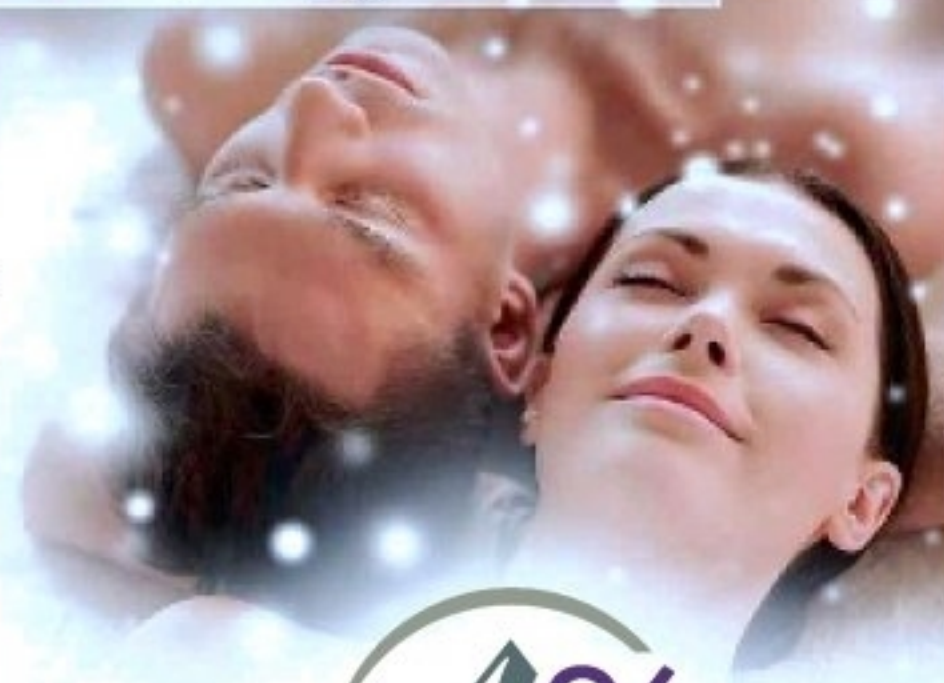
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Ring in the New Year with music

Dockside Music in scenic Eastern Passage offers the gift of music. Located on an actual dock, Dockside is about a 10 minute drive along the harbour from downtown Dartmouth. Here you'll find professional music lessons, a wide variety of instruments and repair services. They are celebrating their fourth anniversary, and in the past four years Dockside has established a reputation for excellent, personal customer service.

"We're a rare independent locally owned music store and it's always best to buy local," said owner Dave Forsey.

Dockside is a musician's dream. They have more than 80 acoustic and electric guitars in stock, with new guitars starting at \$139.

"In addition to Yamaha, Reverend, Sigma, Breedlove, Peavey, and Composite Acoustics, we stock Canadian brands such as Airline, Eastwood, Norman and Levy's leather guitar straps," Forsey said. "We have guitar brands not available elsewhere in Atlantic Canada."

They offer private, one-on-one lessons teaching guitar, bass, piano, voice, fiddle, banjo, ukulele, drums, sax, flute and harmonica. Their experienced and professional music instructors have been teaching at Dockside for years.

Folk instruments are available in all price ranges and you've just got to check out their selection of banjos, mandolins, violins, accor-



CONTRIBUTED

dions, ukuleles, harmonicas, pennywhistles and ukuleles.

For kids, they are booking spots in the singing circle. They are also booking home recording lessons, student rock band ensemble and songwriting lessons.

Music lessons make a great gift that last a lifetime. Plus, gift cards are easy to wrap!

"Learning music and attending musical gatherings is a great way to be more social," Forsey said. "We get lots of adult and senior music students too. Beginners of all ages are welcome."

SPREAD THE HOLIDAY CHEER WITH A GIFT CARD FROM WINE KITZ



CONTRIBUTED

Not only is making wine a great hobby but the process is fun and the results are tasty. So if you're looking for a gift, or making wine for the holidays, pop into Wine Kitz to check out the selection.

Wine kits have become so exceptional they are comparable in quality to commercial wines, at a fraction of the cost.

And if you don't have the space in your home to make wine, no problem. In-store wine-making is an option at Wine Kitz in Lower Sackville, Dartmouth and Halifax. There are just three easy steps: pick the wine,

sprinkle the yeast and come back to bottle when it's ready.

Wine Kitz has three locations in HRM: at 601 Sackville Dr. in Lower Sackville, 250 Baker Dr. in Dartmouth and 287 Lacewood Drive, in Halifax.

Gift certificates for Wine Kitz will always be a happy surprise. The certificates are available in any denomination, but Wine Kitz also offers customized gift packages. For example you can purchase a gift package, which covers a wine kit and the fee for having the wine made in store.

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and talk
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Easy!



Put a smile on her face with a gift from Uptown

The Christmas countdown is on and the pressure to find that all-important gift for the women in your life is most likely weighing on your mind.

"Christmas shopping doesn't have to be a pain-filled weekend, trawling around shopping centres lugging an armful of heavy bags," says Sarah Alguire with Uptown Salon and Spa in the Hydrostone Market. "That's why at Uptown we believe in the giving of gift cards.

"We believe a gift card is the most personal present there is," she says. "It's the gift of freedom to buy whatever you want, whenever you want it, and there's a certain beauty in that."

Gift card giving is now even better: until Dec. 24, Uptown will be adding an extra \$10 to every \$50 gift card purchase.

The professional team at Uptown has gone a step further to take the stress out of finding the perfect gift. They handpicked a selection of thoughtful gifts at affordable prices that are guaranteed to put a smile on any lucky lady's face on Christmas Day.



CONTRIBUTED

- Smith & Cult Lip or Nail Lacquer
- Spongelle infused body buffers
- Duckish Natural Skincare (locally made)
- The Wet Brush (an extreme detangling tool for your hair)
- Macadamia Professional Haircare
- Comfort Zone Skincare Holiday gift sets.
- Jane Iredale Mineral Make-up

Keep in mind some of their most popular services are manicure and pedicures, facials, lash extensions and any hair service. The best thing about a gift card is she can choose exactly what she wants.

Celebrate the season with award-winning burgers at Darrell's

Darrell's Restaurant is about to turn 25 in 2017, that's 25 years of decadent milkshakes and burgers. The sweet, old-school burger joint has won endless awards for their food and service including the seventh Greatest Burger Restaurant in Canada by Reader's Digest.

"We've also won The Coast's Best of Food award every year since 2002 and best burger for 10 years in a row, winning it back this year," says owner Dan Joseph.

"Our excellent service, quality of all products used and most importantly consistency has been our claim to fame along with great value and great attention to details and value."

They use fresh certified Angus beef for one of the most favourable burger experiences you can imagine. There's also the famous peanut butter burger — those that try it know the combination is burger heaven.

"We hear customers tell us that they're the third generation to visit us regularly and it's very important to make sure our customers feel at home and have a great experience," Joseph says. "Our staff are simply amazing and are chosen carefully to make sure the Darrell's experience is complete. They are like family and love working together and do it well."



CONTRIBUTED

To visit Darrell's and not order a milkshake is like visiting Paris and missing the Mona Lisa. They have seven flavours to choose from and they arrive in a tall glass with the metal cup on the side.

"We also support many charities," Joseph says. On Dec. 13, Darrell's will donate 50 per cent of every dollar spent to Feed Nova Scotia. They've been doing this for seven years.

"This one is special to us with other restaurants joining our cause along the way. This year will see us surpass 100,000 meals provided for hungry Nova Scotians."

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ADD A LITTLE VITAMIN D THIS SEASON

This Christmas, give the gift of sun with TAN FX gift certificates — the perfect gift to boost Vitamin D as winter approaches.

"Smart tanning can be positive for multiple skin conditions, mental health and vacation preparation," says Robyn McAuley, the proud new owner of TAN FX Tanning Studio and Boutique.

"We carry a large range of lotions tailored for indoor tanning, as well as boutique products such as specialized skin care products. Also launching this week is Go Sunless spray tanning for those UV-free clients, and those under the age of 19."

McAuley is a social worker who has spent many years working on the front line within the community, which is why TAN for a CAN continues her community connection. The TAN for a CAN promotion works like this: donate a non-perishable item between now and Dec. 10 and receive a free tan on Saturday, Dec. 10. TAN FX is also running a 12 days of Christmas promotion starting Dec 13. Drop by TAN FX in



CONTRIBUTED

Dartmouth at 100 Main St. for more details.

Since its inception in 2000 in Western Canada, Tan FX has perfected the atmosphere, exceptional customer service, uncompromising quality control and cleanliness standards to ensure clients' expectations are surpassed. This is the first East Coast location, and TAN FX raises the standards for tanning salons with added education, excellent customer service, and knowledgeable staff.

As industry leaders and Canada's premiere tanning salon, TAN FX provides ongoing education on UV exposure and the development and benefits of Vitamin D production.

"We are a proud member of the Joint Canadian Tanning Association that delivers expert knowledge through continuous training, trends, and education," McAuley says.

'ALWAYS SOME SWEET DEALS TO BE HAD IN STRANGE ADVENTURES'

Have any collectors or pop-culture fans on your list?

Take out the guesswork and give them a gift card to Strange Adventures.

"It's difficult to know exactly what they have already so with a gift card they can do their own shopping," says Calum Johnston, owner of Strange Adventures.

"Plus, with so many sales after Christmas, their gift card will stretch even further."

Combine a gift card with a comic storage box, which is always a useful present for a comic collector. Check out the choices of styles with colourful artwork printed on the boxes. There are also plain ones available for people who like to decorate it themselves.

No matter who walks in the door with a gift card in hand, they'll find something they really like.

"There's always some sweet deals to be had in Strange Adventures," Johnston says.

"Our sale shelf is full of graphic novels for all ages and tastes with lots of discounted action-adventure super-hero books as well as thrillers, horror and humour. As well, our sale section also has some previously viewed books for a fraction of regular price."



CONTRIBUTED

They also carry thousands of older comics, or back-issues. A small variety of inexpensive back-issues make for great stocking stuffers.

"We also offer a gift registry so customers can fill out their own wish-list and their friends and family can drop in and go over the list to know precisely what they're hoping to get for Christmas."



love



TAN for a CAN

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Great fashion frames and cutting edge technology

The Canadian Optical Warehouse, locally owned by three dynamic ladies (Kelly Miller, Kristie Robertson and Marni Yuke) just celebrated their second anniversary and their business continues to grow at a stellar rate.

The secret to their success has been to provide what Haligonians want; great fashion frames, cutting edge technology with personal caring service and better than average prices. Indeed, with their extensive selection of frames starting at just \$19.95, they appeal to a wide and discerning audience that desires more for less. So confident are they in their prices, that they offer a Best Price Guarantee; if you can find a lower price for comparable lenses at any optical establishment within 50 km of the store, they will beat it by 10

per cent. It used to be that people with \$200 of insurance might be able to purchase one pair of single vision glasses without paying extra.

"We are very proud to say that at The Canadian Optical Warehouse, you can get 3 pairs for less than \$200 with single vision frame and lenses complete starting at just \$59.90 per pair" says Kristie Robertson, store manager. "We strive to make valuable insurance money go a lot farther."

If you are looking for a meaningful stocking stuffer or a seasonal gift for students or family members who need glasses, gift certificates are also available at The Canadian Optical Warehouse. The professional staff is always pleased to assist you.

FROM LEFT,
KRISTIE
ROBERTSON,
KELLY
MILLER
AND
MARNI
YUKE



BRAMOSO TAKING SUSTAINABILITY SERIOUSLY

Bramoso takes pizza perfection, and their commitment to the community, very seriously.

"Bramoso was born with a strong concern for sustainability rooting our core principals in the community we operate," said Dan Ryan, general manager. "We provide a tastefully different experience, creating fare that is passionately crafted and locally sourced."

Using daily fresh made dough, and sauces, combined with unique recipes that incorporate market fresh ingredients from a strong stream of local suppliers culminates in an experience pleasing the palate and nourishing the soul.

And with their gift card holiday sale, giving the gift of delicious pizza is even sweeter.

"Currently we're promoting gift cards for the upcoming holiday season," he said. "We are offering customers \$30 in gift cards for \$25."

These gift cards are the perfect idea for anyone who slaves in the kitchen over the holidays, or for anyone who appreciates a pizza that is a slice above the rest. Bramoso's ever popular feature pizza is still available over the holidays. Just imagine a house-made maple balsamic vinaigrette, Meadowbrook Market's pulled pork (or walnuts for vegetarians), caramelized apples, caramelized

onions, feta or mozzarella and fresh rosemary.

"Give that a try while enjoying a pint and good cheer at our new beer bar," Ryan says. "We are constantly rotating some of the most loved local craft beers." At Bramoso they believe in using quality local ingredients — carefully prepared in their house-made recipes. It produces a product that is both delicious and healthy. Partnering with the best farms, vineyards and specialty kitchens ensures everything is sustainable and superb. They are all about maintaining an equitable balance between our planet and our people, before concerns for profit.



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The quintessential crossover



REVIEW

CR-V brings all the necessary ingredients



Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since.

With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

The only transmission offered

in the CR-V is of the continuously variable automatic nature. Fundamentally the same as the CVT offered in the Civic, it does well at tricking both driver and passenger into believing it's a traditionally geared automatic thanks to its simulated shift points and almost impenetrable noise insulation that keeps its whining from creeping into the cabin.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel.

Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This new fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V among the segment leaders for years to come.

THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder
Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft
Transmission: Continuously-variable auto
Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7 city, 7.1 hwy (4WD)
Price: Starts at \$26,500 (est.)



LOVE IT

- Roomy rear seats
- Generous cargo capacity
- Available safety features

LEAVE IT

- Erratic lane departure warning
- 2.4-litre base engine

FORD

New Fiesta packs big technology punch



Jason Siu
AutoGuide.com

The next-generation Ford Fiesta has been unveiled and the little hatch will arrive in the North America as a 2018 model year car.

Introduced at a special event in Cologne, Germany, the all-new Ford Fiesta will be available in four variants in Europe: Upscale Vignale, sporty ST-Line, stylish Titanium and Active crossover. Like the new Chevy-

let Spark Activ, the Fiesta Active features a high-riding body with crossover styling cues.

Along with a stylish redesign that gives the Fiesta a more mature look, the American automaker focused heavily on the interior and high-tech features.

It continues to be built on Ford's Global B platform, allowing the American automaker to save money on research and development.

It is also the first Ford model to deliver a premium B&O PLAY Sound System, accompanied by a SYNC 3 communications

and entertainment system presented on an eight-inch floating high-definition touchscreen.

According to Ford, 20 buttons have been removed from the dash thanks to the new system.

Advanced safety features include a new anti-collision system that detects objects more than 130 metres in front of the car, and if the driver doesn't react in time, it will automatically brake to prevent an accident.

It's just one of 15 new driver assistance features on the Fiesta, including Active Park Assist, Blind Spot Information, Cross

Traffic Alert and Lane Keeping Assist.

In Europe, there will be a range of turbocharged and naturally aspirated three-cylinder gasoline engines available, as well as a new TDCi model that is the most powerful diesel Fiesta ever.

It will also feature the 1.0-litre EcoBoost, which is the world's first three-cylinder engine to feature cylinder deactivation. Expect to hear details on the North American version of the Ford Fiesta closer to its launch in 2018.



Ford has focused on the interior and high-tech features for the 2018 Fiesta. HANDOUT

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So you want to buy a used e-car



Owners across numerous brands have reported issues with electronic charge-door release latches. You'll want to make sure that that's working properly if you're buying a used hybrid or electric vehicle. ISTOCK

TIPS

This list will help you avoid buying a lemon

Justin Pritchard
Autoguide.com

Imagine how the auto industry was decades ago.

Automatic transmissions. Fuel injection. Remote door locks. Variable Valve Timing (VVT). These then-revolutionary technologies, after some years, have now become so commonplace that they're no longer given much second thought. But back then, folks probably wondered: would these newfangled gizmos last for the long haul?

Today, as automotive technology advances at ever-increasing rates, shopper skepticism is often leveled at the latest breed of voltage-powered vehicles — whether partially battery-powered like a hybrid or plug-in hybrid, or a fully battery-powered EV.

If you're considering buying a used hybrid or EV, you'll want to consider this list of pre-purchase checks and tips, below.

Software updates

You'll want to make sure the vehicle you're considering has had all applicable software updates installed, by ensuring all service records are up to date, and that the model you're con-

+ IT'S STILL A CAR

Hybrid and EV cars are very different from regular cars, but they're also very similar.

They have brakes, suspensions, climate control systems, tires, transmissions and even engines and fluids, in some cases, that require

attention and maintenance.

As such, when focusing on pre-purchase checks and inspections, be sure to have a mechanic check the entire vehicle, and all of its systems, and not just those relating to the hybrid or EV system.

sidering has only ever been serviced at its dealer, where software updates are often applied as part of routine inspections or maintenance work.

Check the charging gear

It's easy to overlook, but our research into used EV's and plug-in hybrids has yielded the following advice: check the charge cord, and any associated implements carefully, for signs of damage and excessive wear.

Note that a damaged charge cord can be a safety hazard, or even start a fire, and that even a small rip or tear in the cord's rubber insulation can quickly become a big one. Further, as owners across numerous brands and models have reported issues with electronic charge-door release latches, you'll want to make sure that that's working properly, too.

Check the standard battery

In hybrid cars, the big battery gets all the attention, since it forms the core of the hybrid drive system. But many hybrids have a conventional 12-volt bat-

tery and charging system, too, like most other cars, and it may need some attention.

Check the hybrid or EV battery

Depending on the model in question, a dealer technician with special hybrid training and diagnostic equipment may be able to perform a test on the hybrid or EV battery, to ascertain its overall health, and to reveal any problems. Some automakers can perform this sort of test, others can't.

Get it Scanned

In mere minutes, a technician can open a window deep into the inner workings of your potential hybrid or EV's array of complex electronic systems. Using a special tool or scanner to pull up information on various components, and to run various tests, your potential used green-car candidate can be validated for trouble-free operation of its electronics network, potentially revealing issues you, or even the seller, isn't aware of.



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Available in most new Ford vehicles with 6-month pre-paid subscription.

Jose Mourinho's agent says the Manchester United manager paid more than 26 million euros in taxes when he lived in Spain from 2010-13

Sid outdoes himself with scoring surge

NHL

Crosby leads league in goals despite missing first six games

Sidney Crosby can't seem to find the right word for what's happening. If the Pittsburgh Penguins captain is being honest, he is not really interested in finding one. He would rather just enjoy a hot streak that is bordering on absurd even by his remarkably high standards.

The two-time MVP's 17 goals lead the NHL just over a quarter of the way into the season, even though he missed the first six games while recovering from a concussion. Even though injuries have forced head coach Mike Sullivan to shake up his lines. Even though Crosby insists he hasn't made some sort of conscious decision to pepper the opposing net.

"You can call it whatever you want," Crosby said.

Just don't call it luck.

"You don't get puck luck (that many) times," teammate Patric Hornqvist said. "I just think he's in the right spot at the right time."

Over and over and over again.

The game's most creative player is in the midst of a rebirth at 29, a renaissance that



Sidney Crosby has recorded 17 goals and 10 assists through 20 games. BRUCE BENNETT/GETTY IMAGES

coincided with Sullivan's arrival last December. It's a union that has propelled Crosby to some of the finest hockey of his career. He captured the Conn Smythe Trophy as playoff MVP last June after the Penguins won their fourth Stanley Cup title and he hardly looked weary from a shorter than usual summer

23.9

Crosby's shooting percentage of 23.9 is the best among players with at least 50 shots on net going into Tuesday's action.

while captaining Team Canada to a remarkably easy stroll to the gold medal in the World Cup of Hockey in September.

The player who appeared on the other side of his prime a year ago has reclaimed his spot as face of the sport and appears in no mood to give up the mantle anytime soon. Not that Crosby

wants to talk about it. He figures he's just doing what he's always done.

"I'm in the same spots, the same areas," said Crosby, who is putting the puck on net 3.5 times per game, just a slight uptick from with his usual average. "When you think it's going in you tend to shoot a little bit more because you feel good, you believe it's going in ... When you're struggling a little bit, you feel you need to bring it closer or pass up a shot and make a pass. I think that's normal for everybody. That's pretty common."

Crosby has only led the NHL in goals once, when he poured in 51 in 2009-10. He was on his way to doing it again the following year when a hit to the head in the 2011 Winter Classic against Washington sent him on a nomadic path back that robbed him of the better part of two seasons. Some wondered if the magic would ever return in full.

It's also why the concussion he suffered in an early October practice raised so many alarm bells. Yet he preached calm instead of panic as he recovered, then went out and scored in his season debut against Florida as if to tell everyone to relax. It also started a run that shows no signs of slowing down.

"There's no really great way to describe it," he said. "You just hope it keeps going in."

THE ASSOCIATED PRESS

MLB

Red Sox bolster rotation with Sale

No surprise that Chris Sale got traded. The real shocker? That the Boston Red Sox swooped in to snag him.

The reloading Red Sox pulled off the biggest deal yet at the winter meetings, acquiring the dominant ace from the Chicago White Sox on Tuesday for a hefty package of four prospects.

"The ability to get a Chris Sale doesn't come along very often," Boston president of baseball operations Dave Dombrowski said.

“

That's a big one. That's a blockbuster. That was a wow.

Yankees GM Brian Cashman

Sale joins an already talented rotation with the AL East champions, now pitching alongside 2016 AL Cy Young Award winner Rick Porcello and former winner David Price. He leaves behind a shredded reputation in Chicago, suspended by the team last summer after he flew into a rage and cut up retro uniforms that club was supposed to wear.

The 27-year-old Sale has been an all-star in each of the last five seasons, but has never played in the playoffs. To get him, Boston traded high-priced third baseman Yoan Moncada, considered by many the top young talent in baseball, along with pitchers Michael Kopech and Victor Diaz, and outfielder Luis Basabe.

Also on Tuesday, Boston acquired right-handed reliever Tyler Thornburg from the Milwaukee Brewers in a package that included infielder Travis Shaw. THE ASSOCIATED PRESS



Chris Sale was 17-10 with a 3.34 ERA and 233 strikeouts this year. GETTY IMAGES

SNOWBOARDING

Back injury pushes Maltais to retire



Dominique Maltais of Petite-Riviere-Saint-Francois, Que., won the Crystal Globe five times. GETTY IMAGES FILE

Canada's Dominique Maltais is retiring from competitive snowboarding.

She battled a back injury last season and has not been able to recover enough to allow her to compete at the highest level.

Maltais won bronze in snowboard-cross at the 2006 Olympics in Turin and won silver at the 2014 Games in Sochi.

She reached the podium 38 times over 77 World Cup starts (15 gold, 13 silver, 10 bronze).

THE CANADIAN PRESS

IN BRIEF

Former Heisman winner's body found in a park

Heisman Trophy winner Rashaan Salaam was found dead Monday night in a Boulder park less than two miles from Folsom Field, where he carved his name into the University of Colorado record books as one of the greatest players in the program's history.

The Boulder County coroner's office was still investigating the cause of the death of the 42-year-old, who won the Heisman in 1994. THE ASSOCIATED PRESS

HEAD INJURIES

Dryden urges more player protection

Hockey legend Ken Dryden laid down a challenge Tuesday to sports executives in charge of leagues and federations to do more to protect athletes from the debilitating effects of head injuries.

In a blunt speech, Dryden took aim at the culture around concussions and drew a con-

necting line between head injuries and brain disease.

“

It is time for the decision-makers to catch up with the scientists.

Ken Dryden

head trauma and brain disease is inconclusive. THE CANADIAN PRESS



Arsenal's Spanish forward Lucas Perez celebrates netting a hat-trick in front of Basel's Czech goalkeeper Tomas Vaclik on Tuesday in Basel, Switzerland. PATRICK HERTZOG/AFP/GETTY IMAGES

Perez treble earns Gunners top spot

CHAMPIONS LEAGUE

Spaniard takes advantage of rare start, Iwobi also on target

Arsenal easily beat Basel 4-1 to finish top of its Champions League group on Tuesday, powered by a hat trick from little-used forward Lucas Perez.

Getting a rare start, the Spanish forward gave Arsenal a three-goal lead by the 47th minute as the visitors coasted to victory. Mesut Ozil's delightful assist let Alex Iwobi score in the 53rd before Basel substitute Seydou Doumbia struck a consolation goal in the 78th.

Arsenal unexpectedly finished atop Group A, rising above Paris Saint-Germain which drew 2-2 at home to winless Ludogorets Razgrad.

As a group winner, Arsenal is seeded in Monday's draw for the Round of 16, hoping to avoid a seventh straight exit at that stage.

Arsenal will avoid the likes

TUESDAY In Switzerland

1 BASEL
4 ARSENAL

of Barcelona and Atletico Madrid but the pot of unseeded teams is stronger than usual.

One possible opponent is Bayern Munich which ousted Arsenal in the first knockout round in 2013 and '14.

Another option is either Real Madrid or Borussia Dortmund, which play Wednesday in Spain with leadership of Group F at stake. Arsenal completed its 17th straight successful group stage with a deserved win on a cold night in Switzerland.

Lucas Perez has made little impact in north London since a deadline-beating move from Deportivo La Coruna in August.

Still, the 28-year-old forward scored his first Champions League goal in the eighth minute and scored in almost identical fashion eight minutes later.

Each time, left back Kieran

+ RESULTS

Basel 1, Arsenal 4
PSG 2, Ludogorets 2
Benfica 1, Napoli 2
D. Kiev 6, Besiktas 0
Barça 4, Bor. M'Glad 0
Man City 1, Celtic 1
Bayern 1, Atl Madrid 0
PSV 0, FC Rostov 0

Gibbs was found deep in the Basel area. First a cross, then a shot, flashed across the goalmouth for Lucas Perez to tap in with his left foot at the far post.

The hat trick goal was more impressive, as Lucas Perez advanced into the path of the ball 15 yards out to shoot right-footed across the dive of goalkeeper Tomas Vaclik.

Ozil's visionary assist was the key to Arsenal's fourth. A fast, direct break saw the Germany playmaker surge into the Basel penalty area and deceive defenders who expected him to shoot by clipping a reverse pass for Iwobi to score easily from close range.

THE ASSOCIATED PRESS

Russell and Klay the stars of Big Monday

Plenty of points for Klay Thompson. Plenty of everything, as usual, for Russell Westbrook.

On a momentous night in the NBA, Thompson had the biggest game with a career-high 60 points and Westbrook continued his sensational season with a sixth straight triple-double.

An 11-game schedule stole the show Monday on a night that's long belonged to the NFL. There were so many mesmerizing performances that even otherwise great ones weren't good enough to get much notice. Thompson's

topped them all, with a 40-point first half in under 19 minutes of Golden State's 142-106 victory over Indiana. "That's a feat that I put money on will probably never be touched ever again in the history of basketball," teammate Stephen Curry said.

Marc Gasol had a triple-double and James Harden wasn't far off, but Westbrook does that every night. He had 32 points, 13 rebounds and 12 assists in Oklahoma City's 102-99 victory at Atlanta, giving him the NBA's longest streak of triple-doubles since Michael Jordan had seven



Russell Westbrook

THE ASSOCIATED PRESS

in a row in 1989.

"Obviously, the league hasn't seen something like this in a long, long time," Thunder coach Billy Donovan said. A look at some other noteworthy developments around the league:

Thompson, who already owns the NBA record with 37 points in a quarter, might have scored many more in this one if the Warriors weren't so explosive.

He checked out after just 29 minutes and less than three quarters and thought something like 80 could've been in play if he could've stayed on the floor.

Westbrook was chosen Western Conference player of the week Monday and is probably the leader in the race for the NBA's biggest individual prize, the MVP. He has 11 triple-doubles in 22 games, has led the Thunder to six straight wins and has been so good that he's overshadowing guys like Harden and Kevin Durant, who are also having MVP-caliber seasons. THE ASSOCIATED PRESS



The Warriors' Klay Thompson celebrates a score against the Indiana Pacers Monday. BEN MARGOT/THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Savoury Salmon Cakes



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes

Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients

- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes - don't over crowd the pan, you'll have a hard time flipping them - for about five minutes a side.

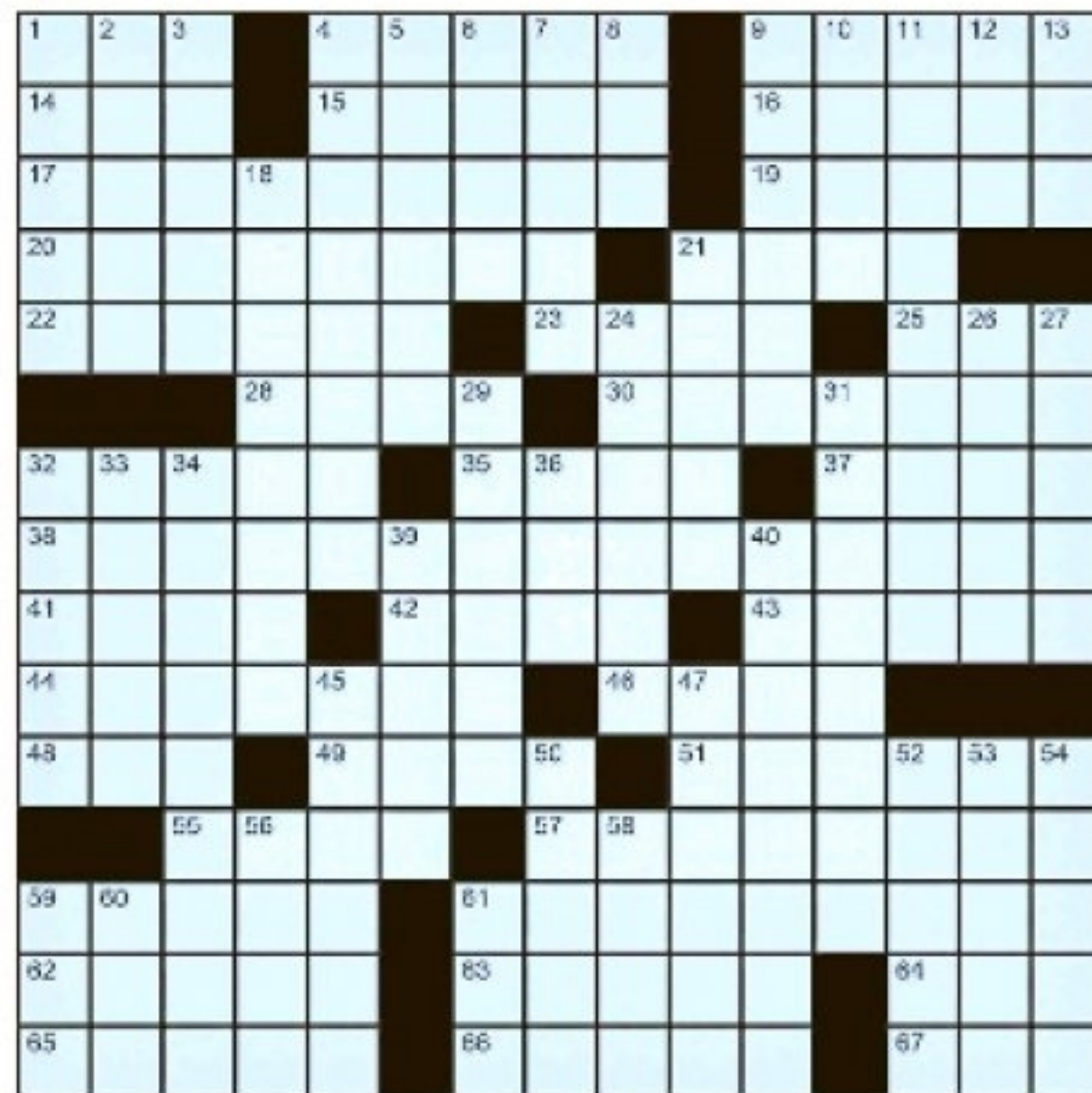
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Famous British mysteries writer (b.1890 - d.1976) ...her initials=sharers
4. Fern 'seed'
9. The _ Land (T.S. Eliot poem)
14. _Jongg
15. Reserved, as a restaurant table
16. Be of service
17. Teaching
19. Yearned
20. One of the chosen
21. " _ Me Kate" (1953)
22. Position
23. Hold off
25. Ship signal
28. Pet fish's home
30. Three-pronged spear
32. Make it on Billboard
35. 1949-created intl. alliance
37. Famed designer of Art Deco
38. CRTC = Canadian _ _ and Telecommunications Commission
41. Antiquities
42. Richard Burton war movie, "The Desert _" (1953)
43. Drums partners in marching bands
44. Cafe in Joni Mitchell's "Carey"
46. Plucked guitar string sound
48. Lid's protectee
49. Piquancy
51. Becomes keyed up
55. Gulf War missile
57. Isn't digni-



fied, is this
59. Dancer in Madonna's "Vogue"
61. Finishes up a client's hair at the salon: 2 wds.
62. Bless with oil, quaintly
63. Take _ _ at (Attempt)

64. Purchaser's li'l slip
65. Survives
66. The Congo's former name
67. Scottish songstress Ms. Tunstall, et al.

DOWN

1. Makes _ _ (Is

untidy)
2. Future soldier
3. Legendary NFL coach Don
4. Quick-and-clipped, as in music
5. "Eight Is Enough" star, Dick Van _
6. " _ from Muskogee" by Merle Haggard

7. Freshen
8. High School subj.
9. Elk
10. Notice: French
11. Helvetica's style as a typeface
12. Catch up, in sports
13. Long ago
18. Moderatism

21. Russian ballet company
24. Certify
26. The way ballerinas dance: 2 wds.
27. British WWII sub-machine guns
29. Works the bread dough
31. Member of the Order of Canada... Simon Chang's occupation
32. Dare Maple Leaf _ Cookies
33. "The Sixth Sense" (1999) star, _ Joel Osment
34. Mailing destinations
36. Carol of fashion covers
39. Sampled
40. Just in case a situation calls for it: 3 wds.
45. Blue tones
47. Pacifism shmactism ...put up your dukes! 2 wds.
50. _ Oklahoma
52. Inscere smile
53. President- _ Donald J. Trump
54. Methods, for short
56. Human of Hilbernia
58. Posh way to exclaim "That wasn't my fault!": 2 wds.
59. Chum
60. "Diva _ Dime"
61. Australian director Mr. Luhmann

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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